

Dr. Paul E. Beaulé and Dr. Stéphane Poitras

“Efficacy of a non-surgical treatment protocol for patients with symptomatic femoro-acetabular impingement: a randomized controlled trial”

Femoro-acetabular impingement (FAI) is a condition where the ball shaped femoral head of the leg rubs abnormally in the hip socket, which can lead to hip osteoarthritis. Research has shown that patients with FAI move their hips differently when doing tasks. The project will examine if an exercise program focusing on pelvis movement can reduce pain and improve function, change hip movement and prevent hip cartilage damage. If effective, a non-surgical, low-cost, highly feasible and accessible intervention will be available to improve pain, function, and prevent hip cartilage damage in patients with FAI.